GOING BANANAS
CLASSIC LOAF GETS NUTRIENT-RICH BOOST OF AVOCADO {page 11}

WANTED
TV QUEENS CAST WISH FOR KATE'S SIS {page 9}

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JAMES TURNER/METRO

Beautiful night

▶ Bono of Irish rock band U2 performs in front of a packed CanadInns Stadium in Winnipeg last night. See the full review at metronews.ca/winnipeg.

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Cherry. Biopic

▶ Quinn Lyon, left, his brother, MacKenna, and father, Greg, pose with a life-sized cutout of Don Cherry outside Shaw Park yesterday. The fake Grapes was used to recruit volunteer extras for a film about his life.

JAMES TURNER/METRO

Subtlety was never his strong point

Two face charges in slaying

No word if drugs or alcohol were a factor Row got out of control

HANDOUT

▶ Solomon Joseph Andrew Turner

ELISHA DACEY
@METRONEWS.CA

Two people stand accused in the murder of a man found dead in his home this month.

Police say Solomon Joseph Andrew Turner, 46, died during an argument with a man and woman in his home. The argument escalated and the man and woman allegedly drew knives and stabbed Turner several times in the upper body. They then fled the home.

Turner was found in his Austin Street home on May 10 at about 9:20 p.m.

The next day, Lloyd Alfred Lindsay, 48, was arrested and charged with second-degree murder.

On Friday, Wanda Lisa Rahman (Bruce), 32, was also arrested and charged with second-degree murder.

Say you're sorry: Judge to irate cabbie

A judge has shown mercy to a Winnipeg taxi driver who caused a fracas outside the Portage Place mall when he refused to move his taxi after police asked him to.

If the driver, 37, can complete a year of probation and write his arresting officers a letter of apology, he won't have a criminal record after pleading guilty to causing a public disturbance. The Crown dropped charges of assaulting and resisting a police officer.

Judge Lee Ann Martin heard that the driver and others were parked in the fire lane behind the mall in July 2009 when police asked them to move along.

He became "irate and verbally abusive" with the officers, the Crown said. The man continued to scream and yell at police after they issued him a ticket. The confrontation grew to the point where they threatened him with arrest.

"I want you to turn your mind to your behaviour ... and I want you to offer your apology to them."
JUDGE LEE ANN MARTIN TO TAXI DRIVER

"Good, arrest me," police noted the cabbie told them. "Take me to court. I want to sue you."

In his defence, the man's lawyer said it was customary for taxi drivers to park in the lane while awaiting fares and he felt police were singling him out. "He felt that he was losing income," Bonnie Gembey said.

The cabbie has already had his taxi licence suspended for a year and spent a few days behind bars. Martin said the financial penalty and jail stint were enough to warrant a conditional discharge.

Martin suggested he should just have taken the traffic ticket and fought it in court.

JAMES TURNER

1 news

Behind the legend of the "Guardian Angel of Route 66" is the story of a boy and his road. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

For many women in Kandahar, simply getting an education is an extraordinary act of courage. Video at metronews.ca

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PMO denies border talk

Leaders did not discuss 1967 boundaries, spokesman says amid glowing Israeli report ◐ Harper sidesteps questions on the issue at G8 summit

Prime Minister Stephen Harper did not discuss the G8 summit with his Israeli counterpart Benjamin Netanyahu, a Harper spokesman says.

The statement by Dimitri Soudas, Harper's communications director, appears to contradict a report in the Israeli newspaper Haaretz that Netanyahu phoned Harper before the summit to ask him to block G8 support for a Palestinian state based on 1967 borders.

Soudas said yesterday in an email to The Canadian Press that Harper did speak to "various leaders in the last few days, including the Israeli prime minister as well as the head of the Arab League."

But he added "there was no G8 discussion with Prime Minister Netanyahu."

"The PM's views are long-standing and well known on the Middle East process towards a two-state solution," Soudas said while Harper was visiting Greece after the G8 summit in France.

"Canadian policy on these issues is long-standing. It's important that any statement on the Middle East always have balanced references to the various positions and the G8 statement is a balanced statement."

In a speech earlier this month, U.S. President Barack Obama said talks between the Palestinians and Israel should be based on 1967 borders that existed before the Six Day War in which Israel occupied East Jerusalem, the West Bank and Gaza.

Haaretz said Israel was particularly concerned about the border proposal because at least seven of the eight G8 countries supported including it in the summit declaration.

The G8's final declaration issued Friday did not include any mention of borders in Israel-Palestine peace talks.

The Haaretz report said Netanyahu told Harper that mentioning the border issue would be detrimental to Israeli interests and a reward to the Palestinians.

As the summit concluded, media reports cited diplomats in saying the 1967 border proposal was omitted from the G8 statement because of objections from Canada.

THE CANADIAN PRESS

Term nixed

One of the ironies of the election that finally delivered the Conservatives a majority government on May 2 is that it appears to have vanquished the "Harper Government."

- The controversial term has almost disappeared from official Government of Canada news releases after suddenly blanketing departmental communications in the months leading up to the fall of the Conservative minority March 25.
- Now, internal government documents obtained by The Canadian Press show that civil servants were being ordered by ministers' offices to use the term, and that they were "obligated to do so if asked."

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper and wife Laureen visit the memorial site of the Kalavryta Massacre in Greece yesterday. On Dec. 13, 1943, Nazi troops executed 696 males over the age of 14 in Kalavryta. The grandfather of Harper spokesman Dimitri Soudas was among those killed.

CONTRIBUTED

▶ Boston Pizza rolls out a more locally digestible name for its pizza chain in B.C.

PIZZA CHAIN SHOWS HOMETOWN SUPPORT

JEFF HODSON
@METRONEWS.CA

HOME ICE ADVANTAGE

Vancouver Pizza

In a slick marketing move (and in an effort to not cheese off potentially crusty fans), Boston Pizza restaurants began re-branding 62 B.C. locations yesterday to a more locally digestible moniker — Vancouver Pizza.

The new name was rolled out at one Vancouver location yesterday, with plans to have the remaining restaurants in the province — as well as all BP signage inside Rogers Arena — converted before the puck drops Wednesday night on the Stanley Cup final.

Supertramp sent packing

British '70s rockers Supertramp were forced to give a little bit when a dreamer at the NHL scheduled Game 1 at the same time as their planned concert at Rogers Arena.

The conflict forced Supertramp to reschedule the concert for Thursday.

Band co-founder Roger Hodgson is not taking part.

JEFF HODSON IS THE MANAGING EDITOR OF METRO VANCOUVER

Limits may be put on Wal-Mart camping

Campers who like to stop for the night at a Wal-Mart parking lot may not be able to do such a thing so easily next summer in a central Alberta city.

The City of St. Albert is looking at ways to place restrictions on staying overnight in store parking lots, as well as parking vehicles up for sale.

Mayor Nolan Crouse brought forward the motion to look into tightening up bylaws last week.

"His concern seems to be this is something that could grow and (could) become an issue for the community," Coun. Malcolm Parker said yesterday.

Most Wal-Mart stores in North America allow overnight stays, though there are websites listing individual stores and municipalities that don't allow it.

City administration has until next February to return with a recommendation. HEATHER MCINTYRE

Investors await Bank of Canada rate decision

RBC Dominion Securities last week assessed chances of a quarter-point hike in July to 12 per cent

The Canadian dollar could be under additional pressure on commodity markets this week after the Bank of Canada delivers its next announcement on interest rates tomorrow.

The dollar moved lower for a fourth week last week, reflecting slowing economic conditions, particularly in the U.S., Canada's largest trading partner, and doubt about when the Bank of Canada will resume raising interest rates.

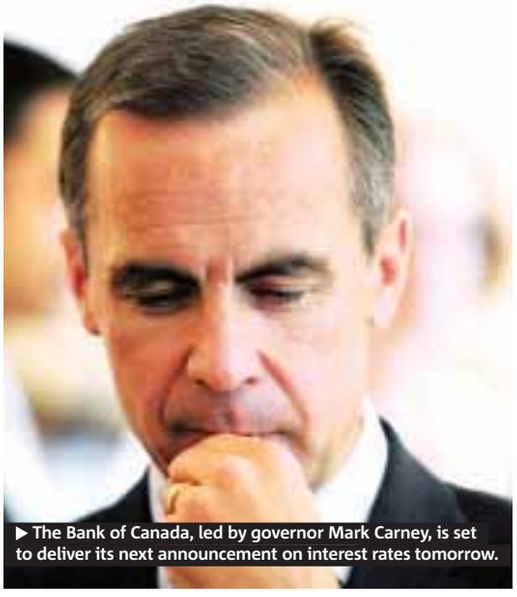
No one expects the central bank to hike its key rate tomorrow but traders will be anxious to read the bank's statement for clues as to when it will move the rate above one per cent, where it has been since September.

"We don't really even look for talk about imminent rate hikes next week," said BMO Capital Markets deputy chief economist Doug Porter.

The Bank of Canada was fully expected to resume raising interest rates in July, heralding a string of quarter-point hikes. But slowing economic conditions in much of the world has radically changed that outlook.

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS FILE



▶ The Bank of Canada, led by governor Mark Carney, is set to deliver its next announcement on interest rates tomorrow.

Market moment

PRICES AS OF 4 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+21.69 (13,797.59)	+0.14 ¢ (102.32¢ US)	+ 36¢ US ($100.59 US)	$4.518 (+ 15.8¢)

Gold contracts $1,536.30 (+ $13.50)

Veggie outbreak spreads across EU

Spanish vegetables suspected of contamination with a potentially deadly bacteria are being recalled from stores in Austria and the Czech Republic to prevent the spread of a deadly outbreak, officials said yesterday.

The death toll from the bacteria rose to at least 10 people, and hundreds across Europe have been sickened.

Czech authorities said 120 organic Spanish cucumbers were being pulled off shelves while their counterparts in neighbouring Austria announced that "small amounts" of cucumbers, as well as tomatoes and eggplants, were being removed from 33 stores.

The Austrian Agency for Health and Food Safety said it was informed by a European Union warning system that two German companies had issued an immediate recall and sales ban of cucumbers, tomatoes and eggplants.

THE ASSOCIATED PRESS

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NEW NAME SHOULD BE IN THE CARDS

URBAN COMPASS

COLIN FAST
METRO WINNIPEG

When a deal to bring NHL hockey back to this city is finally done, original Winnipeg Jet Joe Daley has a firm opinion on what the team should not be called.

"I sympathize with people who grew up with the Jets and who think that should be the only name, but it should be something new," said the man who tended goal for the team during its entire WHA run from 1972-79.

For Daley, and many of his former teammates, the Jets name is part of their collective identity and part of the history of a franchise that's still (for the time being) playing in Arizona.

"If that team had come back I'd be a bit more open to it," he said. "But it's a new situation and a new ownership group. I think they should start with something fresh and create a new image."

"The Jets name is part of their collective identity and part of the history of a franchise that's still (for the time being) playing in Arizona. 'If that team had come back I'd be a bit more open to it,' (Joe Daley) said. 'But it's a new situation and a new ownership group. I think they should start with something fresh and create a new image.'"

Regardless of the team's name, "The Holy Goalie" eagerly anticipates the impact the NHL might have on the eponymous memorabilia shop, Joe Daley's Sports Cards, that he has operated on St. James Street for the past 21 years.

"Most of the Atlanta players aren't household names, so collectors will be chasing them down," he explained. "And, in general, having players come into town will create more of a relationship with the fans, which should spark an interest in collecting."

Sports cards had their boom period in the early '90s, when several new manufacturers hit the scene and turned what was formerly considered a children's hobby into a market for serious collectors.

While his shop went through a few lean years since then, Daley has seen a recent upsurge in activity in the industry. Much of that is fuelled by wealthy collectors who are buying for investment purposes, like the person who recently acquired a Wayne Gretzky rookie card for a record-setting $94,163 at a California auction.

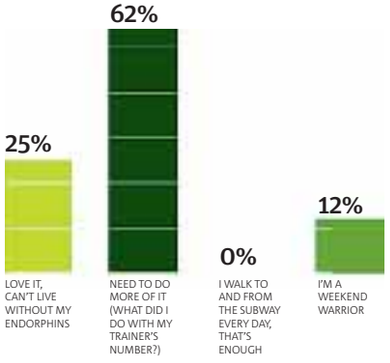
"I never encourage people to buy for money, but if it works out for them then it's a bonus," Daley said. "What's nice about the hobby is that it's still something that can be enjoyed by kids as well as adults."

Beyond being a former player and a memorabilia dealer, Daley is also a fan who is excited big-league hockey could be on the way back to his hometown.

"Having a major sport in our town is really positive, and something to make us proud as Winnipeggers," he said.

Register at metrolifepanel.ca and take the quick poll

What's your attitude toward exercise?


25%
LOVE IT, CAN'T LIVE WITHOUT MY ENDORPHINS
62%
NEED TO DO MORE OF IT (WHAT DID I DO WITH MY TRAINER'S NUMBER?)
0%
I WALK TO AND FROM THE SUBWAY EVERY DAY, THAT'S ENOUGH
12%
I'M A WEEKEND WARRIOR

Local tweets

- **@Sébastien Perth:** @metro winnipeg @poutinerie I can't believe we'll have an NHL team before a poutine place
- **@sesenta_y_uno:** How to dress for the #U2 concert today? Considering rocking the Speedo underneath in case of rain, if only to make my wife proud! #Winnipeg
- **@AmberDReid:** Good morning Winnipeg, glad to see you weren't ravaged by tornadoes. #sunshineonlyplease
- **@paigetodd_:** I wish the people in Winnipeg were actually as nice as the people on snl act like we are.
- **@skaboomatude:** Winnipeg still suffers from Premature E-Jet-ulation. I'm glad i'm a football fan, Go Blue.
- **@DalydeGagne:** Since joining the Public Library 15 mths ago I've saved $2,000 on books I would've otherwise bought, plus discovered new writers.
- **@Brent Neill:** I just realized that with Oprah ending that the only woman I have telling me what to read is Heather at Chapters-Indigo.

Worth mentioning

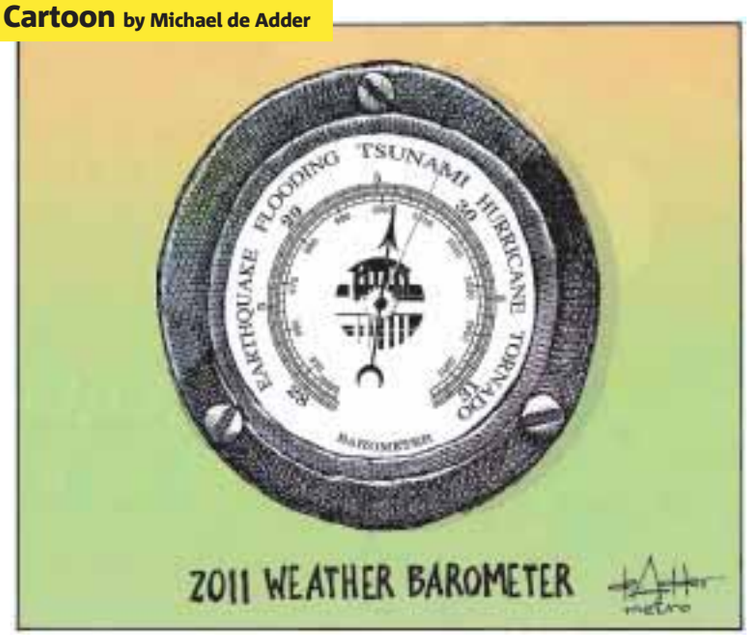
MOREHEAD CITY, N.C. Archaeologists recovered the first anchor from what's believed to be the wreck of the pirate Blackbeard's flagship off the North Carolina coast Friday, a move that might change plans about how to save the rest of the almost 300-year-old artifacts from the central part of the ship.

Divers had planned to recover the second-largest artifact on what's believed to be the Queen Anne's Revenge but discovered it was too well-attached to other items in the ballast pile, said project manager Mark Wilde-Ramsing. Instead, they pulled up another anchor that is the third-largest artifact and likely was the typical anchor for the ship.

Apparently, pirates had everyday anchors and special anchors just as the rest of us have everyday dishes and good china.

In 1717, Blackbeard captured a French slave ship and renamed it Queen Anne's Revenge. Blackbeard, whose real name was widely believed to be Edward Teach or Thatch, settled in Bath, N.C., and received a governor's pardon. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder



WEIRD NEWS

Case of mummy smuggling wrapped up

The shipping label said the mailed package contained replicas of Peruvian ceramics. An X-ray machine used by customs agents discovered it really held three skulls and a mummy more than 2,000 years old.

Authorities said Friday the package was intercepted at Argentina's central post office, and an Argentine citizen who was waiting for the shipment has been detained as part of an investigation into illegal trading in ancient cultural artifacts.

Officials speculated the package would have been relayed to a museum or a private collector in Europe, where such old bones are in demand because of the blankets and other woven material that surround ancient South American mummies.

A preliminary evaluation by Argentina's national archaeology institute determined the bones are from the pre-Inca Paracas culture on Peru's coast, and date from between the 7th and 3rd centuries BC, officials said.

Last year, Bolivian police foiled a similar mummy mailing enterprise and detained a woman who tried to send a Peruvian mummy to France. **THE ASSOCIATED PRESS**

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2 scene

Box office

The Hangover Part II hauled in $86.5 million US in its first weekend, putting Hollywood on course to set a new revenue record for the Memorial Day long weekend, according to studio estimates yesterday. Kung Fu Panda 2 opened solidly with a $48-million weekend.

THE ASSOCIATED PRESS

As waistlines grow so does the popularity of weight-loss TV shows. Scan code for more.

HANDOUT

▶ X-Men: First Class, which opens Friday, tells the story of how Magneto (played by Michael Fassbender), right, turned against his friend Charles Xavier (James McAvoy).

A First Class superhero film?

Opening this week, X-Men: First Class is the prequel to an extremely successful franchise

STEVE GOW
SCENE@METRONEWS.CA

It's curious that while Hollywood seems to be making less movies in general, we are entering a summer that features no less than four big-budget superhero blockbusters — including this Friday's release of X-Men: First Class.

"It's probably down to the fact that maybe less people are going to the cinema and so they make films that are large in scale where you would want to go see it on a big screen," offered star Michael Fassbender recently from New York.

"Genres take hold and they run for a while — I would say that's one of the reasons (superhero movies hold up)."

It probably doesn't hurt that X-Men: First Class is also the prequel to a very successful franchise that began as pulp fiction in 1963.

The beginning of the saga, X-Men: First Class features the original mutant superheroes and how the once-upright Magneto (Fassbender) turned against his friend Charles Xavier (James McAvoy).

Good vs. Evil

- **Charles Xavier**
  A powerful telepath who can control minds, Xavier recruits fellow mutants to stop a global threat.
- **Magneto**
  Erik Lehnsherr discovered his power of magnetism under terrible circumstances and sets his sights on revenge with his mutant ability.

"There's such an incredible history there," said McAvoy of the franchise's legacy.

"But the main thing that runs through all the X-Men saga — whether it's the comic books, cartoon-form or movies — is that sense of the outsider being the character that you're exploring ... that has to be one reason why it's stuck around for so long."

The previous films surely added fans to the franchise as well.

However, McAvoy and Fassbender weren't intimidated by expectations of portraying the respective roles that Ian McKellan and Patrick Stewart defined in the movies.

"I definitely watched the films," said Fassbender.

"I was going to study Ian McKellan, perhaps as a young man and his movements, nuances, voice and then decided not to do that and just use the source material available in the comic books — to just take a totally fresh look at it, wipe the slate clean and go for something new."

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Kate, shmate: TV heavyweights eye Pippa Middleton

First she had a facebook page dedicated to her derrière Now the likes of Barbara Walters and Oprah want Kate Middleton's sis to rock American TV

After making a splash at her sister's royal wedding last month, Pippa Middleton is apparently in high demand — especially among U.S. TV heavyweights like Barbara Walters.

"Years ago, when Kate broke up with Prince William briefly, Barbara tried to hire her as a View co-host," a source tells the National Enquirer. "But now she thinks Pippa's so sassy, young and gorgeous, she'd be a fantastic fit. Ratings would be amazing!"

But Walters isn't the only one with her eyes on Middleton, as Oprah Winfrey "wants Pippa to host her own show for her OWN network," according to the source.

"O knows it would be a great ratings coup because Pippa's a star on fire — and Americans are so obsessed with the royals." METRO

ALL PHOTOS GETTY IMAGES

▶ Kate Middleton wasn't the only one who dazzled at the royal wedding.

Celebrity tweets

@ConanOBrien

"Hey @Oprah — Get a job!"

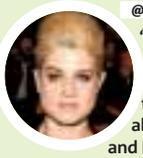
@Pink

"I feel like my middle finger is sacred. I've been giving it away too easily."

@peeweeherman

"Discover the power of carrots" at the Carrot Museum: "

@MissKelly0



"I'll make you a deal, you stop telling lies about me, and I'll stop telling the truth about you (you know who you are)."

Lilo lays low

Lindsay Lohan is making the most of her four-month house arrest sentence, according to TMZ. The troubled actress views the forced break from public life as "time to relax, focus on her recovery and figure out her new game plan for her life and career," a source says. And that new game plan may include more artistic expression, as Lohan reportedly stocked up on canvases and oil-based paints. METRO

▶ Lohan may be painting during her house arrest.

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MWN

Add some pep to your family's daily breakfast routine.

JEFF LANCE

▶ The Snuzzie turns a baby's cries into classical music, or the song of your choice.

Inventions we wish existed

As a parent, you often think, I have a good idea! Here are some of our own (some tongue-in-cheek) with input from Mike Drummond, editor of Investors Digest, about their viability

The Dummy Dispenser

What it does: Hanging from the crib like a giant Pez dispenser, this invention distributes pacifiers when the baby needs one — automatically. If the baby is too young to grab the dummy herself, a robot arm, covered in kid-friendly foam material, extends and places it gently in her mouth.
Says Drummond: "I suspect Pavlov would love this little number. It encourages motor skills and links desires and behaviour, assuming the dispenser responds to baby cries. I'd want the robotic arm to pull double-duty, and pick up discarded pacifiers."

The Snuzzie

What it does: An electronic muzzle device, the Snuzzie turns a child's cries into classical music — or whatever sound you wish, via downloadable MP3s. Future versions will be able to identify what your child wants from each cry — food, a diaper change, a nap.
Says Drummond: "Finally a product that addresses the most annoying consumer group — babies! In all honesty. this is a product for the narcissistic sadist — which happens to cover a large market segment, given the popularity of botox, stiletto high heels and the Kardashians. Let's stick with pacifiers."

The Inflatable Stroller

What it does: Small enough to fit in your pocket, this product inflates, with the press of a button, to a full sized stroller, made of extremely durable plastic.
Says Drummond: "I can get behind this product, having been behind far too many stroller-pushing parents at airport security checkpoints. This seems like a win-win-win for all concerned. The parent/caregiver gets convenience; the baby gets something airy to ride in; and I don't have to wait forever for the stroller to get folded up and shoved through airport X-ray machines.

The Self-Cleaning Floor

What it does: An invisible seal covering your hardwood floors (especially the area where your child eats), the Self-Cleaning Floor breaks down and absorbs fallen food particles in seconds, leaving no mess behind.
Says Drummond: "Again, an invention I could get behind. And we're already seeing a close cousin of this type of technology being developed in the field of nano medical technology — tiny robots that eat cancer cells and such. But what does this do to the five-second rule?"

The PooLarm

What it does: Embedded into each diaper, the PooLarm reads your baby's body chemistry and lets you know, via a digital readout, if she's done pooping or if there's more to come.
Says Drummond: "Normally I'm for anything that lessens the risk of coming into contact with feces. But unless you're just really into changing diapers, I don't see this as a huge seller. That said, the right amount of fear-based marketing could motivate consumers and scare the crap out of the diaper competition."

MICHAEL FREIDSON & EMMA E. FORREST
LIFE@METRONEWS.CA

Breads for breakfast, lunch and even dinner

- This Avocado Banana Bread is ideal for a morning or afternoon treat
- The Asiago Garlic Bread makes a perfect side dish to any entrée

BOTH PHOTOS: THE CANADIAN PRESS H/O

▶ This recipe makes eight mini loaves.

A perfect breakfast on the go or a great addition to lunch, this nutrient-filled banana bread made with whole-wheat, high-fibre and folate-rich avocados, and high-potassium bananas is a satisfying treat.

Preparation:

1. Preheat the oven to 180 C (350 F).
2. In a medium bowl, combine the flour, baking powder and salt. In another bowl, combine the avocados, bananas, honey and vanilla. Fold the dry mixture into the avocado-banana mixture. Spoon the batter into 8 greased mini pans, ensuring you spread it evenly.
3. Bake the Avocado Banana Bread for 25 to 30 minutes or until a toothpick inserted into middle of each loaf comes out clean. Let the bread cool then run knife along edges and invert onto wire racks.

THE CANADIAN PRESS/ AVOCADOS FROM MEXICO

Ingredients:

- 500 ml (2 cups) whole-wheat flour
- 15 ml (1 tbsp) baking powder
- 2 ml (1/2 tsp) sea salt
- 2 pureed avocados
- 2 mashed bananas
- 175 ml (3/4 cup) honey
- 5 ml (1 tsp) vanilla extract

Asiago Garlic Bread

This version of garlic bread, with chopped oil-packed sun-dried tomatoes and crumbled Asiago cheese, will add a unique addition to any meal.

Preparation:

1. Preheat oven to 200 C (400 F).
2. In bowl, combine garlic, butter, chives and sun-dried tomatoes. Cut vertical slits in baguette almost to bottom and place on baking sheet; spoon butter mix over top of baguette, making sure to get mix inside cuts.
3. Top baguette evenly with Asiago cheese; bake 8 minutes or until cheese is softened and baguette is hot and crisp. THE CANADIAN PRESS/ DEMPSTER'S OVEN-FRESH BAGUETTE

Ingredients:

- 1 clove garlic, minced
- 30 ml (2 tbsp) soft butter
- 15 ml (1 tbsp) chopped chives
- 15 ml (1 tbsp) chopped oil-packed sun-dried tomatoes
- 1 white or multi-grain baguette
- 50 ml (1/4 cup) crumbled Asiago cheese

THE ASSOCIATED PRESS/ MATTHEW MEAD

▶ This recipe only requires 15 active minutes.

Fuss-free roasted apple salad

This recipe ensures great taste with its a classic flavour combination — apples, blue cheese, walnuts and lemon juice.

Preparation:

1. Heat oven to 200 C (400 F). Coat a rimmed baking sheet with cooking spray.
2. In a small bowl, toss shredded carrots with 15 ml (1 tbsp) olive oil, and a pinch each of salt and pepper. Arrange in an even layer on baking sheet.
3. Peel each apple, then halve it down the centre. Use a melon baller to scoop out the core, creating a large cavity at the centre of each half.
4. Arrange apple halves, cut side up, on prepared baking sheet. If apples won't rest flat, use a knife to trim rounded sides just enough to form a flat base. Roast apples and carrots for 12 to 14 minutes or until apples are just tender but not mushy. Remove carrots from pan and set aside to cool.
5. Increase oven to broil. Leave apples on baking sheet and sprinkle with brown sugar. Broil for 2 minutes. Let cool.
6. In a medium bowl, whisk together remaining 50 ml (1/4 cup) of olive oil, lemon juice, 2 ml (1/2 tsp) salt and 1 ml (1/4 tsp) pepper. Add arugula and carrots and toss well to coat.
7. Carefully place each apple half on a serving plate. Mound a quarter of the arugula mixture onto each half. Sprinkle each salad with blue cheese and walnuts.

THE ASSOCIATED PRESS

Ingredients:

- 250 ml (1 cup) thickly shredded carrots
- 50 ml (1/4 cup), plus 15 ml (1 tbsp) extra-virgin olive oil, divided
- Kosher salt and ground black pepper
- 2 large Granny Smith apples
- 30 ml (2 tbsp) brown sugar
- 30 ml (2 tbsp) lemon juice
- 1 l (4 cups) arugula
- 125 ml (1/2 cup) crumbled blue cheese
- 50 ml (1/4 cup) chopped, toasted walnuts

Taste the waste: unwanted food to be resold as lunch

Millions of tons of food is wasted every year in the U.K. But it's a culinary treasure trove for one café in Haringey, North London, that collects unsold supermarket food and cooks budget meals for hungry clients

ANTHONY JOHNSTON
GREEN@METRONEWS.CA
METRO WORLD NEWS

We would all cringe at the sight of unsold food from shops and restaurant tossed into roadside skips, but how would you react to unwanted food served in a restaurant for a hungry lunchtime clientele?

This is exactly the business of FoodCycle, a London-based charity that turns surplus food from retailers into hearty budget meals.

They run a community café in Haringey, north London, which is abuzz with residents and moms pushing prams come lunchtime, feasting upon dishes of unused food produce donated by local supermarkets.

The fruit and vegetables they get are a day or two past the shops' sell-by date. Resold meat or fish is off the menu "for safety reasons," café manager Jessica Veltman says.

Every year 1.4 million tons of food are wasted by U.K. retailers while 11.9 million tons is thrown out by households, says WRAP, the government recycling body.

ANASTASIA JOHNSTON

▶ "At first, hellish images of moldy vegetables on my plate tormented me – but the taste made me think... mmm, this is yummy!"

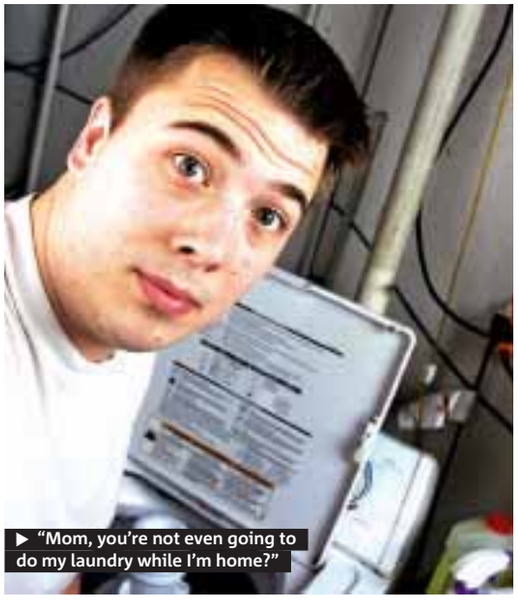
RESTAURANT REVIEW

Good, not scary meal

Starter: Parsnip & carrot soup. It was a little too peppery. Were they trying to mask something?
Main course: Jacket potato, topped by aubergines, tomatoes, kidney beans and cheese. No sooner had I tucked into my meal than it began to look like a dog's dinner. But presentation aside, the potato filled a hole in my belly with tasty vegetable goodness. I was left satisfied.
Dessert: Apple & cinnamon cake. Somewhat soggy but in truth scrumptious.
Verdict: In the end, any 'horror food' images were a distant memory. The wholesome meal, and family-friendly ambience, put my mind – and indeed my stomach — at complete ease.

So Junior's home from college...

As students return home from school for the summer, parents brace for piles of laundry and late, late nights



"Mom, you're not even going to do my laundry while I'm home?"

After nine months away, campus and the place where college students grew up may seem like worlds apart.

Summer at home — so often eagerly awaited by the students, their parents and siblings — is often a mixed-up time of happy reunions, unexpected challenges and weird new family dynamics as not-quite adult kids return temporarily to the nest.

"They have a whole new world, filled with new friends and new ideas, new independence," and that sometimes clashes with things back home, said psychologist Karen Levin Coburn, a consultant at Washington University in St. Louis and author of Letting Go: A Parent's Guide to Understanding the College Years.

Cindy Jez, a 55-year-old real estate manager in Richmond, Va., has gone through these transition summers several times with her two oldest boys, a junior and senior in college.

"I remember crying when they first went to college. Now I'm crying when they come home," she jokes.

Don't get her wrong — Jez loves having the boys back home.

And yet, she also knows their return means piles of dirty laundry, a perennially lost TV remote, a disconnected security alarm to accommodate their late nights out, and jealousy from her two younger sons as the big men on campus suddenly get all the attention.

"The first time they come back there's always an adjustment period," Jez said. They're used to the freedom of college life, and "there are still boundaries at home."

"I try not to be a nag. I try to recognize that they're young adults," she says of sons Nolan, 20, and Cory, 22. "They need to have their own sense of responsibility. At the same time, I find myself constantly doing reminders. I'll send them texts: Picked up eight pairs of filthy socks in the family room last night."

"It's a balancing act" for everybody, Jez said.

THE ASSOCIATED PRESS

Timeless advice

Karen Levin Coburn's book, Letting Go: A Parent's Guide to Understanding the College Years, was first printed in 1988.

- Families should discuss expectations soon after their students arrive back home – things like curfews, household chores and spending money, so everyone is one the same page, Coburn said.
- Despite all their new-found independence, for college kids, home "is still their emotional touchstone. It's just important for parents to be sensitive to that," Coburn said.

Climbing every mountain

How one man is reaching out to others by reaching for the top

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

When asked to scale the tallest mountain in Africa to improve the quality of life for children struggling with mental illness, Bryce Wylde only had to think for second.

"I'll do it," he said. "Count me in."

Wylde is well known as one of Canada's leading authorities on alternative medicine, for his weekly television show on CP24 and his guest appearances on Dr. Oz.

But he had never spoken publicly about a subject that is close to his heart.

"My family has been riddled with mental health issues," Wylde admits.

He watched his late father struggle his whole life and it left a lasting impact on how Wylde looks at life and health.

Climbing Mt. Kilimanjaro is very challenging and I ask him what he'll be feeling the day he reaches the top.

Will it be personal fulfillment, excitement and accomplishment?

Wylde grows silent and his eyes slowly fill with tears.

"That day I'll be thinking about my Dad," he says emotionally, "and the hope that other children will never have to go through what he did."

Climb for kids

The Climb to Conquer the Stigma of Adolescent Mental Illness:

- Markham Stouffville Hospital Foundation
- Mt. Kilimanjaro
- July 10-21, 2011
- Go on line to support Bryce Wylde: bit.ly/eDjCeA

Bryce Wylde

Kilimanjaro

- Mount Kilimanjaro is the tallest freestanding mountain rise in the world
- Measures 4,600 metres (15,100 feet) from its base
- Kilimanjaro features glaciers, deserts and tropical jungles
- Up to 25,000 people attempt to reach the summit every year
- Up to nine people die every year

POSITIONS VACANT
We are a newly established company;
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concerning the job description and interview.

4 sports

Thinking outside the box

By bringing new ideas, Gillis has helped take Canucks to Cup final

From the day Mike Gillis was hired as general manager of the Vancouver Canucks, he's done things differently.

The status quo isn't good enough for Gillis. He believes just because something has worked in the past, it doesn't mean it can't be improved.

In his three years in Vancouver, Gillis has ruffled feathers and his ideas have been mocked. But with the Canucks preparing to play the Boston Bruins in the franchise's first Stanley Cup final in 17 years, it's hard to argue with the results.

"We've tried to be as scientific in the approach of developing and interacting with players as we could be," Gillis said while watching a recent Canuck practice from the stands at Rogers Arena.

"I have no idea how much that has influenced the outcome. I think there is some influence for sure."

Gillis talks about the plan he devised for the Canucks. He won't give specific details of the plan, but points at the team on the ice as its product.

"We had a plan that we stuck to no matter what was going on around us, no matter what the speculation was around us," Gillis said.

"We knew we were going to have a good team. We didn't know if we were going to be able to add parts that would make us a really good team. When those parts began to occur, we got progressively better."

The Stanley Cup final begins Wednesday at Rogers Arena. Game 2 will be Saturday.

Gillis and his staff have managed to work within the confines of the NHL salary cap to build a Canuck team full of skill and deep in talent.

Goaltender Roberto Luongo was signed to a 12-year, $64-million US deal. It was a contract that satisfied Luongo while counting as a $5.33-million hit on the Canuck books each year.

Gillis convinced other players like Daniel and Henrik Sedin, Alex Burrows and Ryan Kesler to re-sign for less money than what they might have gotten from other teams. THE CANADIAN PRESS

Off the ice

Some of Mike Gillis's off-ice innovations have raised eyebrows.

- A sleep doctor advises players on when they should nap and even helps determine who should room together on the road.
- Gillis has tinkered with the travel schedule, having the team stay overnight after some road games instead of immediately flying home.

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Canucks general manager Mike Gillis takes questions from reporters last week.

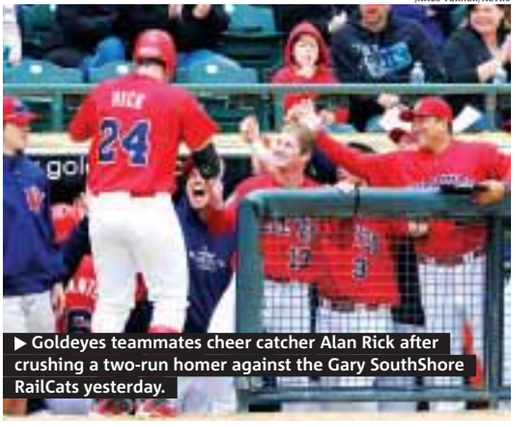
Quoted

"Coming from where I was two months ago, making the statement the season was over, to potentially having a possibility to play in the NHL Stanley Cup final is incredibly exciting for me."

VANCOUVER CANUCKS CENTRE MANNY MALHOTRA, WHO HAS BEEN CLEARED TO PLAY IN THE FINAL. MALHOTRA SUFFERED A SERIOUS EYE INJURY ON MARCH 16.

Scan code for more sports.

JAMES TURNER/METRO



▶ Goldeyes teammates cheer catcher Alan Rick after crushing a two-run homer against the Gary SouthShore RailCats yesterday.

Goldeyes win in return to 'Peg

Following a near-marathon 11-day, 10-game road trip that saw the Winnipeg Goldeyes go 5-5 while visiting American Association North Division rivals Sioux Falls, St. Paul, and Fargo-Moorhead, the Fish returned home on Friday night to host the Gary SouthShore RailCats for a three-game series.

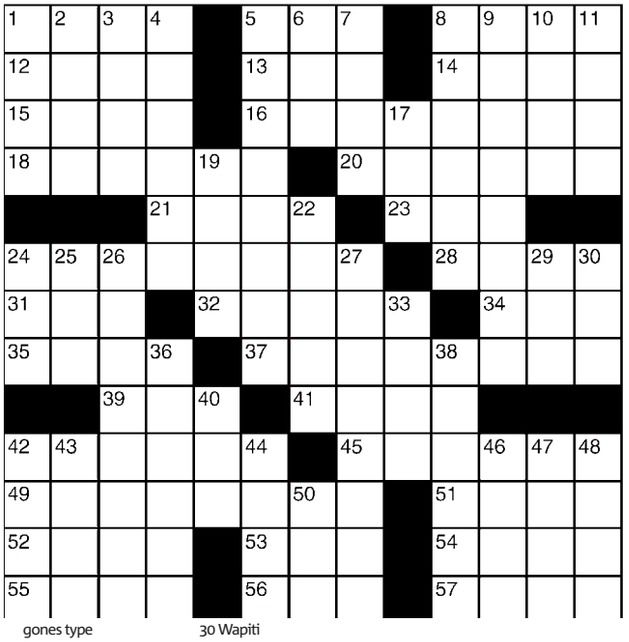
The boys dropped the Friday nighter 2-1 but rebounded with a 7-6 win Saturday night in a 13-inning grueller that lasted nearly 4 ½ hours. They entered yesterday's matinee — possibly a bit tired — with a 9-7 record on the season and hoping to improve on their 4-2 record at Shaw Park.

Catcher Alan Rick banged a two-run dinger, his third on the year, giving the Fish a 2-1 lead after two. They didn't score again until the eighth when Luis Alen faked a bunt and poked a beauty hit-and-run single, scoring Wes Long. Victor Ferrante followed up with a single to left that brought home Brian Myrow and Alen.

The 6-2 victory in front of 4,889 gave Goldeyes starter Andrew (Ace) Walker the win as he hurled seven innings, giving up two runs on seven hits. He struck out two.

The Fargo-Moorhead RedHawks visit tonight at 7 p.m. DARRIN BAUMING

Crossword



Across

1 Ballet skirt
5 "A pox upon thee!"
8 Sore
12 Microwave, for one
13 Praise in verse
14 Comrade of Mao
15 Clothing store section
16 Attendance check
18 Wolf in the hen-house?
20 "Yes" or "no" follower
21 Settled down
23 — generis
24 Command to Fido
28 Being, to Brutus
31 Historic time
32 Elaine's surname on Seinfeld
34 Wire measure
35 Air outlet
37 Price reduction
39 Baseball hat
41 Actor Julia
42 Antarctic volcano
45 Now
49 Race drivers' protectors
51 Lumber
52 Reed instrument
53 Fish eggs
54 "Do — others ..."
55 Collections
56 Do sums
57 Equal

Down

1 Grant's —
2 Eye layer
3 Be inclined (to)
4 Open
5 Let-bygones-be-by-gones type
6 Wedding words
7 Morays and congers
8 Accumulate
9 Special appeal
10 Aperture
11 Christmas
17 Fleur-de- —
19 Amorphous mass
22 Male voice
24 Churchly title (Abbr.)
25 Raw rock
26 Trusted knight
27 Got sick again
29 Bracketed notation
30 Wapiti
33 Insult
36 Restaurant furniture
38 Enlarge a photo
40 Saloon
42 Love god
43 Pajama cover-up
44 Poet Teasdale
46 Zilch
47 Carry
48 Smell
50 Scepter

▶ Yesterday's answer

C	O	W		B	A	C	K		Q	U	A	Y
A	R	A		A	L	A	N		U	R	G	E
P	A	G	A	N	I	N	I		O	N	E	S
P	L	E	D	G	E		T	O	T			
			D	O	N		T	A	H	I	N	I
C	Y	B	E	R		P	E	R		D	I	N
R	E	E	D		B	U	D		B	O	N	D
A	T	A		A	L	P		R	E	L	A	Y
B	I	K	I	N	I		R	E	N			
			B	I	T		E	S	C	H	E	W
E	T	U	I		Z	U	C	C	H	I	N	I
R	A	Z	Z		E	S	A	U		D	D	T
A	R	I	A		N	A	P	E		E	S	S

Sudoku

	1		4		8	5	6	
					7			8
8						7		3
	8		2			4	9	
				1				
	9	6			3		2	
7		8						1
9			8					
	4	1	6		9		3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	8	5	2	6	3	7	9	1
9	2	3	1	8	7	4	6	5
1	6	7	5	4	9	3	2	8
3	5	1	4	9	6	8	7	2
6	7	2	3	5	8	9	1	4
8	4	9	7	1	2	5	3	6
5	9	4	6	3	1	2	8	7
7	3	6	8	2	4	1	5	9
2	1	8	9	7	5	6	4	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Hey Tom, I just want to do this so everyone can see how much I love you. Youre a great inspiration and influence in my life. You made me into the great person I am today and I can't thank you enough. I know we been through hills and ditches but that wont stop us from reaching the top. I love you so much. <3 **LOVE STOMY**

My Handsome King. You are my best friend and my lover. I am so lucky to have you. Even though you're a continent away, I have you close in my heart and in my dreams. I'm just sorry I don't get to see your sexiness on the beach. Muah! From **YOUR OBEDIENT SERVANT.**

My Love. Keep ur head held high and dont let anyone bring you down my original g-star.rotpot got your back, baby. From **RPANGEL**

A look at the weather

Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

TODAY	TUESDAY	WEDNESDAY
Min 8°	Min 7°	Min 7°
Max 18°	Max 16°	Max 21°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Anything done as part of a team will go exceptionally well over the next seven days.

♉ Taurus April 21-May 21 If a friend or relative needs a shoulder to cry on today you will be there for them.

♊ Gemini May 22-June 21 You are in the mood for fun and games and you'll get plenty of both over the next few days

♋ Cancer June 22-July 22 Make it your aim to stand back from what you are working on.

♌ Leo July 23-Aug.23 You won't want to push yourself too hard today.

♍ Virgo Aug. 24- Sept. 22 You will be acutely sensitive to others people's problems today.

♎ Libra Sept. 23-Oct. 23 An active imagination is generally a very good thing but don't let it run riot today or you'll see enemies behind every door.

♏ Scorpio Oct. 24-Nov. 22 You need to find ways to catch the eye of employers and other important people.

♐ Sagittarius Nov. 23-Dec. 21 If you want to take a longer vacation, now is the time to do something about it.

♑ Capricorn Dec. 22-Jan. 20 It's okay to dream, but don't let infatuation take hold.

♒ Aquarius Jan. 21-Feb. 18 Forget about anything but having a good time with the people who mean the most to you.

♓ Pisces Feb. 19-March 20. After a period of intense activity should come one of well deserved rest. SALLY BROMPTON

Caption contest

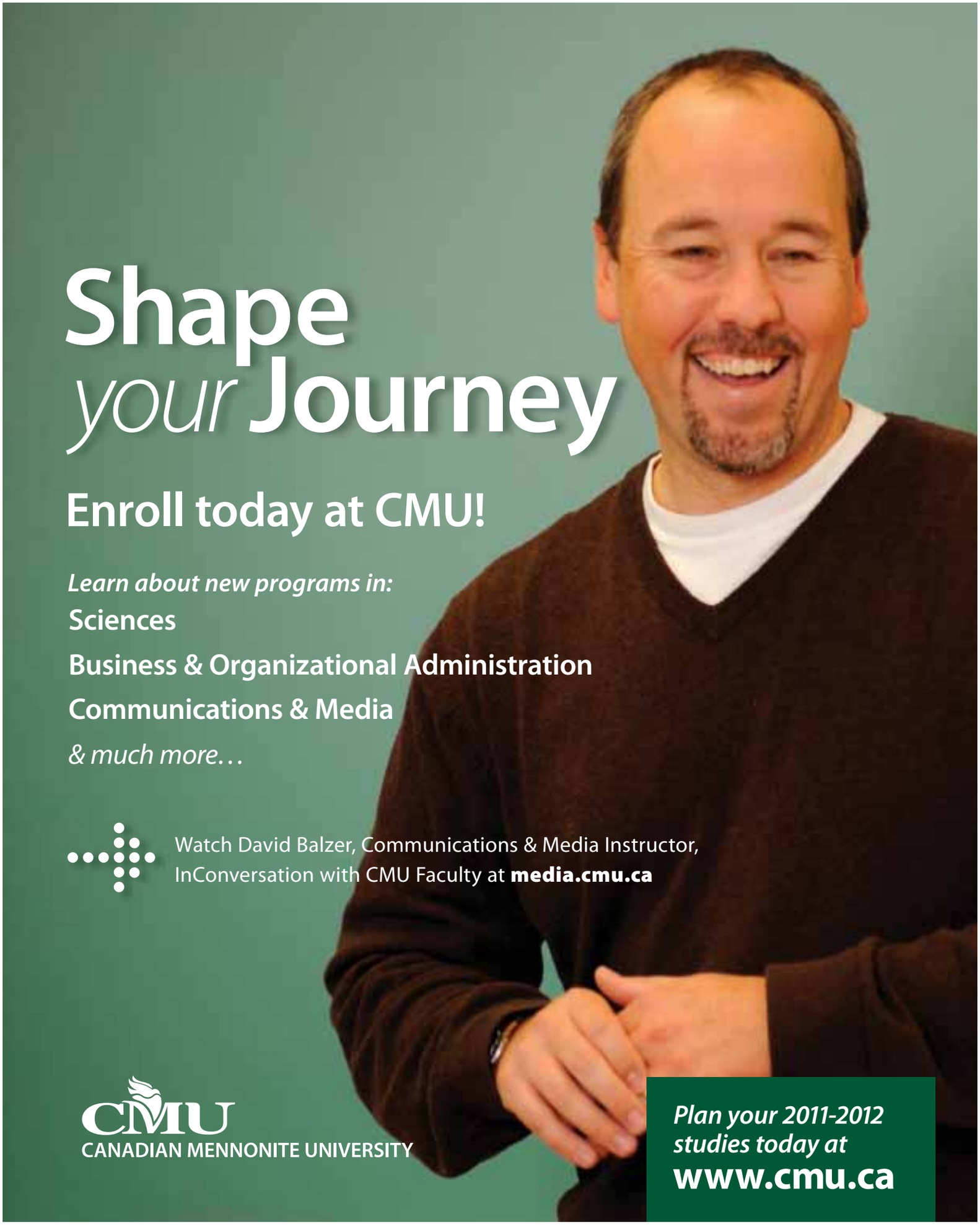
MAHESH KUMAR A./THE ASSOCIATED PRESS

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.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